# 5 Ways to Increase Your Motivation and Achieve Success

Motivation is something that everyone wants to have, but it is something that easily evades many of us. Everyone, at some point, has struggled with maintaining their motivation when they are working toward accomplishing their goals. It’s human nature to want to do what is easy, and achieving our goals can be difficult. Motivation is like a muscle, and the only way to strengthen your motivation is through practice. Here are five ways you can increase your motivation to accomplish your goals and achieve success.

**Set Small Goals**

It's great to have big goals and big dreams, but you need first to start small. You can achieve smaller goals over a shorter period and will help you keep your motivation. With small, measurable goals, the end is always in sight, which means that you receive the payoff much quicker. Along with setting small milestones, you have to make sure that the goals you set are measurable.

**Develop a Mantra**

A mantra is nothing more than a verbal statement that helps to reinforce a positive mindset. Mantras can be extremely useful when it comes to keeping your spirits high and your motivation up. You should come up with a statement that resonates with you. Start your mornings off repeating your mantra aloud to yourself.

**Commit Publicly**

It's easy to slack off and lose motivation as an individual. We are all quick to procrastinate, let ourselves off the hook, and find justifications for giving up on our goals. Commit publicly to your goals by sharing them with your family and friends. Not only will this provide a support system for you, but it will also help you feel more accountable for reaching your goals.

**Create Routines and Rituals**

When it comes to increasing your motivation, it is essential that you create daily rituals that will help to keep you inspired and moving forward toward achieving your goals. Since these rituals can differ from person to person, you'll need to experiment until you find something that works for you. Whatever daily routine that you choose, you want to make sure that it encourages peace and happiness.

**Face Your Fears**

Fears come in all shapes and sizes and are one of the biggest reasons why people give up on their dreams. Facing your fears will give you a great sense of accomplishment, and it will allow you to broaden your horizons. You can only get rid of your fears by conquering them, so you should meet them head-on.

If you want to increase your motivation and achieve success, then you should incorporate these five simple ways for improving your motivation into your daily life.